



State of California-Health and Human Services Agency
Department of Health Services



ARNOLD SCHWARZENEGGER
Governor

April 15, 2005

CHDP Provider Information Notice No.: 05-04

TO: ALL CHILD HEALTH AND DISABILITY PREVENTION (CHDP)
PROGRAM PROVIDERS, PROGRAM DIRECTORS, DEPUTY
DIRECTORS, AND NUTRITION CONSULTANTS

SUBJECT: CHILDHOOD BONE HEALTH EDUCATIONAL RESOURCES

This notice is to inform providers about free and low-cost educational resources on childhood bone health that are now available on the internet. Providing readily accessible materials will assist CHDP providers to educate families on the need to attain peak bone mass and prevent fractures, rickets and osteopenia.

The National Institute of Child Health & Development (NICHD) views osteoporosis as a pediatric disease with geriatric consequences. Peak bone mass is attained during early childhood and adolescence and is directly affected by physical activity and nutrition. Because of the increasing concern about childhood bone health and the escalating incidence of osteoporosis in adults, leading medical authorities advocate preventive childhood interventions¹. Furthermore, the Department of Health and Human Services' "2005 Dietary Guidelines for Americans" recommends increased calcium intake for children in order to meet the needs for the development of strong bones and the prevention of chronic diseases, such as osteoporosis and obesity.

Attachment A lists web sites that are scientifically reliable, culturally-appropriate and practical for anticipatory guidance in a provider office setting. Accordingly, CHDP nutrition consultants selected these web sites to facilitate nutrition education in provider offices. For an overview of bone health, select "Bone View and Osteoporosis: A Report of the Surgeon General", released in October 2004.

¹ Baker SS, Cochran WJ, Flores CA, Georgieff MK, Jacobson MS, Jaksic T, Krebs NF; American Academy of Pediatrics. Committee on Nutrition. *Calcium requirements of infants, children, and adolescents*. Pediatrics, 1999 Nov;104(5 Pt 1):1152-7. <http://www.aap.org/visit/nutrpolicies.htm>

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Several sites target teens and many offer information in Spanish, such as the California Project Lean site. Additionally, some of the sites offer materials that are free or low-cost.

For more information, please contact your county CHDP nutrition consultant, or Judy A. Sundquist, M.P.H., R.D., CMS Nutrition Consultant, at (916) 322-8785, or by email, at jsundqui@dhs.ca.gov,

Sincerely,

Original Signed by Marian Dalsey, M.D., M.P.H.

Marian Dalsey, M.D., M.P.H., Acting Chief
Children's Medical Services Branch

Enclosure